

Jensen's Healthy Home News

“Secrets For Living A Healthy, Wealthy & Happy Life...”



1720 Lime Kiln Road
Green Bay, WI 54311

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920-393-4062

Flooring
Q & A
with
Joel J.



Joel Jensen

Hi Joel,

Q: We made a mess while carving jack-o-lanterns and got some of the pumpkin insides on our light colored carpet. What should we do now?

A: Try this home remedy: First, gently scrape off any excess pumpkin puree or pulp from the carpet with a dull spoon. Mix a solution of two cups cool water and a few drops dishwashing liquid. Using this solution, sponge the stain with a clean white cloth. Next, blot until the liquid is absorbed. Then, mix a solution of one part white vinegar to 10 parts cool water. Blot with a clean white towel. Now, apply water to the spot with a clean white sponge and blot the area again with a white towel. Repeat until the stain is removed. Cover the area with a dry white towel, apply weight and leave overnight. Let the area air dry the next day.

Joel says:

Remember, spots and stains can be tricky, and certain cleaners and techniques can cause permanent damage. Call Jensen's anytime for a free quote if you'd like us to take a look.

Have a flooring question for Joel?

Email it to:

info@jensenscarpetcare.com

Halloween's Irish origins

Did you know that Halloween is popular in Ireland? In fact, Ireland is where Halloween is said to have originated. In the Irish language it is known as Oíche Shamhna or “Samhain Night.”

Pre-Christian Celts had an autumn festival, Samhain, “End of Summer,” which was a pastoral and agricultural “fire festival” or feast when the dead revisited the mortal world and large communal bonfires would hence be lit to ward off evil spirits. It is alleged that the Irish continued to practice their deep-rooted ancient pagan rites well after the arrival of Christianity in the mid sixth century.

Pope Gregory IV standardized the date of All Saints' Day, or All Hallows' Day, on November 1 in the name of the entire Western Church in 835. As it now began at sunset, the holiday coincided exactly with Samhain.

Although there is no official documentation that Gregory had Samhain in mind when selecting this date, it seems consistent with the common practice of leaving pagan festivals and buildings intact while overlaying a Christian meaning.

While Celts might have been content to move All Saints' Day from the previous date of April 20th, they were unwilling to give up their pre-existing April festival of the dead and continued to celebrate Samhain.

see the

SPECIAL INSERT

inside...

“Fall” for this
great offer!

Featured Local Event:
OCTOBER 2019

Oneida Harvest Fest

Saturday, Oct. 5
10 am to 3 pm

This celebration will recognize and give thanks for the harvest. There will be music, and demonstrations and vendors from the Oneida Farmers' Market, prepared foods and other cultural events. All events are open to the public. Event parking is at Norbert Hill Center 7210 Seminary Road, Oneida with free shuttles to the farm every half hour.

Location:

Tsyunhehkwa (joon-hey-qua)
Agricultural Site
139 Riverdale Drive, Oneida

Cost: FREE

Information: 920-869-2718

Client of the month:
October 2019

Kim & James Appleton

Thank you to our amazing and loyal clients who have used Jensen's Carpet Care & Restoration's services for over eight years. We appreciate your ongoing patronage and all your positive comment when we do our follow-up call.

Healthy talk

Honey, zinc, reflux, and more...



In this month's Health Corner, we offer the following three insights for improving your health:

1. Use honey instead of sugar: You can substitute honey for up to half of the sugar called for in baking (coat your measuring cup with oil for easy clean up). Reduce liquid in the recipe by 1/4 cup for each cup of honey and add 1/2 teaspoon of baking soda. Reduce oven temperature by 25 degrees to prevent over-browning.
2. Zinc and type 2 diabetes: A Finnish study reported by Johns Hopkins Health Alerts followed type 2 diabetes patients between the ages of 45 and 64. Those who had lowest levels of zinc in their blood at the start of the study were more likely to have a heart attack or die during the seven-year period. Foods containing high levels of zinc include meat, seafood, chicken, oatmeal, whole wheat bread, beans, and peas.
3. Avoid carbonated drinks to prevent reflux: The Sleep Heart Health Study by the University of Arizona shows that avoiding nighttime heartburn could be as simple as avoiding carbonated beverages. It is estimated that 44 percent of Americans experience nighttime heartburn at least once a month. It's more serious than daytime heartburn; it causes more damage to the esophagus and is more likely to lead to esophageal cancer.

The study showed that sufferers were more likely to consume one or more carbonated drinks daily. Heartburn was also associated with being overweight, snoring, hypertension and asthma. Other causes may include coffee, chocolate, whole milk, peppermint, spearmint, citrus fruits, and tomatoes. It is recommended that people who have the problem eat a smaller evening meal and avoid a prone position for several hours after eating.

Quote for October

*"The sweet calm sunshine of October, now
Warms the low spot; upon its grassy mould
The purple oak-leaf falls; the birchen bough
Drops its bright spoil like arrow-heads of gold."*

-William Cullen Bryant



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www.Facebook.com/JensensCarpetCare

Halloween ideas: five-minute costumes



There are three kinds of people: those who never spend more than five minutes on a costume; those who never spend less than five hours; those who spend five minutes, but make it look like five hours. Here are some costume ideas that will put you in the latter category.

Ghost: The old standby can be gussied up by painting makeup on your sheet. If you have an extra sheet and 10 minutes, make a ghost head out of a separate piece. This way you can remove it when you want and still look cute in your flowing ghost costume.

Miss America: Dig out your old formal or prom dress. Now, find that glitter you bought too much of last Christmas to make yourself a crown. Make the sash with wide ribbon. Creative variations include Miss Mars, Miss UFO.

Chinese Doll: Paint your face white; add bee-sting lips and circle cheeks. Wear a silk robe and black wig.

Pirate: Here are the ingredients: cutoff jeans; big hoop earring; bandana for head; long wig; rough beard; stripped shirt or one with big sleeves; fake knife strapped around waist; bottle with XXX on it.

50s Sock Hopper: Straight tight jeans, loafers, white socks, side burns, and lots of hairdressing.

Jimmy Buffett: Hawaiian shirt, shorts, parrot on shoulder, straw hat, and longneck beer. In other words, what you wear in July.

Here's some funny stuff!

The perfect hearing aid

A man was telling his neighbor, "I just bought a new hearing aid. It cost me \$4,000, but it's state of the art. It's perfect." "Really," answered the neighbor. "What kind is it?" "Twelve thirty."

Telling the sex of a fly

A woman noticed her husband holding a fly swatter and asked, "Did you get any yet?" "Yep, three males, two females," he replied. "How do you know?" Three were on a beer can and two were on the phone."



Cool blogs, sites and online resources to check out this month!

"Tickld"

Tickld.com is a really funny and humorous spot, for those who are looking for something cool and fun - and it's really interesting too. This site will provide you with hours of fun and laughter!

Tickld.com has different categories to explore, including "Heart-warming," "Spooky," "WOW," "Cute," "Outrageous," and "Funny."

We think you'll really enjoy this site!

www.Tickld.com

October



- Oct. 1, 1971** Walt Disney World opened in Orlando, FL.
- Oct. 6, 1889** Thomas Edison showed the first motion picture.
- Oct. 12, 1810** The very first Oktoberfest was held in Munich, Bavaria, Germany.
- Oct. 19, 1781** The Revolutionary War ended.
- Oct. 26, 1881** The "Gunfight at the OK Corral" occurred. Wyatt Earp, his two brothers, and "Doc" Holliday, had a shootout with the Ike Clanton Gang.
- Oct. 28, 1886** France presented the U.S. with the Statue of Liberty.
- Oct. 24, 1901** Anna Edison Taylor is the first person to survive going over Niagara Falls in a barrel.

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*Your new October
issue has arrived...*

Inside:

- Did you know Halloween has Irish origins?
- Five-minute Halloween costume ideas
- Honey, zinc, reflux, and more *in Healthy talk*

Need help now? Call us!

(920) 393-4062

info@jensenscarpetcare.com

Jensen's Healthy Home News



Jensen's MEGA TRIVIA Question

The first six people who call our office with the correct answer will win a \$15 gift certificate for

1951 West

Cocktails & American Cuisine

1951 Bond St., Green Bay

Take your best guess and call us
at 920-393-4062!

(Be courteous and allow six months between wins)

This month's Mega Trivia Question:

"Halloween has roots in what country?"

A) Canada B) Zimbabwe

C) Iceland D) Ireland

Hint: You'll find the answer in the newsletter.

Jensen's Healthy Home News

JENSEN'S
CARPET CARE & RESTORATION

"Secrets For Living A Healthy, Wealthy & Happy Life..."

SPECIAL INSERT

"Fall" for this great offer and you'll be thanking us when the holidays arrive!

Hello friends and clients! We think it is officially Fall around here. And for carpet cleaners that is the season that "falls" between busy and busier. This is kind of the lull between the frenzy of summer cleanings and the crazy holiday cleanings. So, to pick things up a bit we want to give you an offer you can't refuse.



How about cleaning those carpets before your life gets really busy with holiday "to do" lists and guests?

October is really a great month to get a jump start on those carpets. Remember, carpets don't have to look dirty to need a cleaning. Just everyday life with carpet: the foot traffic, the pets, the kids, the indoor pollutants and the dust mites are enough to need to clean every 6-12 months. And keep in mind, once the carpet looks dirty there could be permanent wear and tear.

With that said, the only other reasons people usually want to wait this time of year are: one: "I want to wait and clean right before my guests arrive." Or, two: "I want to wait and clean right after the holidays - to clean up the messes people make."

But here are some even better reasons NOT to wait: *reason #1 to clean in October: Call now and have your pick of the schedule. If you wait until right before guests arrive you may not get an appointment because everyone else had that same idea! And, reason #2 to clean in October: Clean now and we'll clean up the spots and spills after the parties for free!*

Three reasons to clean in October:

1. Call now and have your pick of the schedule. If you wait until right before your guests arrive you may not get an appointment because everyone else had the same idea!
2. Clean now and we'll clean the spots and spills after the parties for free!
3. Get a HUGE discount! (see details in coupon below.)

Before we go... **Do you know anyone who is planning on having a party?** That's a perfect time to get the carpets cleaned! Please have them call us and we will give them a free room of carpet cleaning in your name. (up to 200 sq. ft.)

P.S. We will send you a \$10 Gift Certificate for your referral. So thanks in advance!!

Check This One Off Your Holiday To-Do List!

Call Jensen's Carpet Care & Restoration
920-393-4062

or email: info@jensenscarpetcare.com
before October 31, 2019

and receive \$10 OFF* your cleaning!

PLUS-If you get a new spill spot after this cleaning we'll return to treat it for FREE.**

Check us out online at: www.jensenscarpetcare.com/



[Facebook.com/JensensCarpetCare](https://www.facebook.com/JensensCarpetCare)



Thank you for the referrals!

Special thanks to all those who referred Jensen's...

Scot Vanhandel with 1 Source Restoration, Dawn Hoffman with Home Interiors, Nextdoor App on Facebook, Cari Vanooeyen, Connie Lenz, Lisa & Ross McCarey, Kristin Martin (Phillips), Crystal Herald, Amanda Liegeois, Kristy Maney, Maureen VanStraton, Macco's Floor Covering Center, Carpet City, Home Interiors & Design Center, IMS Barter, Facebook, Google Search & Reviews, Yelp and Angie's List, Yellow Pages, Toonen Properties – Canterbury Creek, Highland Springs, Fountain Park and Cedar Lake; Kos Management, Brook Park Apts., Alliance Management

Thanks for all the kind words!

Pat Schoenbeck called to schedule her area rugs to be cleaned and said "I appreciate the good job that was done when you came to our house. You have a lot of good reviews too. Trust is key."

Susan and Galen DeJardin said "The cleaning went remarkably well. They were efficient and very thorough. Everything dried up well and we are very, very pleased. We will definitely be having you again."

Kim Taft posted a message/review on Facebook and said "Fabulous job! Personable, knowledgeable, quick, accommodating, etc.! Highly recommended!"

Charlene Johnson made a special call to say "Whoever you sent to me was amazing, I will ask for him (the technician) again. He explained everything, he wore the booties used blankets and cleaned up afterwards, I didn't have to do a thing. I am extremely happy, he did a great job it looks and smells amazing! He was so professional and timely, in my profession you often hear the bad stuff so I wanted to call with the good!"

Kim Appleton made a special call back and said "The two technicians did a ton of awesome work last Friday. They were very professional and very nice. The upstairs turned out awesome and they did a great job with the bedrooms that I thought would be a problem. They did wonderful work!"

Mike Zweiger with JP Michaels/Wisconsin St. Apartments emailed and said "Again, thank you and your staff for once more for doing a great job with our apartments. Just knowing that you will be there, do an outstanding job, have more than friendly techs (and office staff) makes 'move-out, move-in' so much easier!"

Michelle and Matt Berg said "Went fantastic! They were able to get stains out that have been gone over countless times before, I thought they would never budge! The guys were timely and professional. We are very pleased with the work done. Thank You."

Jane Morse called and said her cleaning "Went fantastic! It was very good. He was very thorough and wore booties, which impressed me and made sense rather than walking in and out over the carpeting. I was very, very pleased!"

Theresa Krzewina made a special call back to let us know "They did a phenomenal job! Excellent work. A couple of really nice guys and they really did a good job. My daughter was so impressed she said she need to call you for her carpet cleaning. I always tell everyone at the Barber Shop (Bernie's Barber Shop) to use you."

Thank you for even more positive comments from...

Nancy Peterson, Tera Matczak, Jeff Munisteri, Amy Thompson, Paul Hopman, Mindy Everand, Teresa Zegers, Joan Schleis, Jane Siebert with Garni Properties-Humboldt Heights, Ben and Michelle Varoni, Matt Manders with Age Well Centre for Life Enrichment, Sara Reichert, Theresa Krzewina, Dennis Watermolen with Dennis Watermolen Apts.